

# 4th SUNDAY CYCLE A TEEN groups

**Materials:** Bible, crucifix, candle, meditative music, one blindfold and a heart cut into puzzle-like pieces for each group

**Opening Prayer:** Lord, as we come to the mid-point of Lent, help us to continue on our journey of conversion and renewal. May we see more clearly how to live as your disciples. Amen.

**Reading Scripture:** 1 Samuel 16:1, 6-7, 10-13; Psalm 23:1-6; Ephesians 5:8-14; John 9:1-41

## Let's Reflect

## Embracing the gift of faith

**Leader:** In the Gospel story, we encounter the man born blind who receives the gift of physical and spiritual sight from Jesus. This great miracle of healing turns into a new kind of suffering – ridicule and rejection by his family and community. Yet, he refuses to give in to the pressures that surround him. He embraces the gift of faith.

## Let's Explore!

**Leader:** Form small groups. Each group has a heart that is cut into five puzzle-like pieces. One person is blindfolded and tries to put the heart together with the help of team members who are verbally coaching. One minute is allowed with the leader keeping time. (*Suggestion: Others in the group may also subsequently try to put the puzzle together blindfolded.*)

## Let's Talk!

Form small groups and discuss the following.

1. Why was it difficult to put the heart together while blindfolded, even with the coaching? Discuss.
2. Jesus gave the man spiritual sight. We receive spiritual sight in Baptism, yet often act as if we are still blind. What are some "blindfolds" (distractions) that keep you from seeing how God wants you to live? Discuss.
3. The more you know, the more you are responsible. As a Catholic youth, you have an obligation to inform your conscience. List some ways to inform your conscience concerning what is morally right or wrong. Which of these do you use? Discuss.
4. Have you ever been afraid of being ridiculed or rejected because of the choices you make as a Catholic Christian? Share. How do you respond when you are ridiculed or excluded because of your beliefs? Share.
5. Share a story of a person whose life was transformed for the better. This story can be about a saint, a person you know or have heard about, or from a book/movie.

## Let's Pray!

Gather in a circle. While soft meditative music is played, each person will pass the blindfold reverently to one another and pray silently or aloud in his/her own words or use the following: **"Lord, help me to remove the blindfolds that keep me from seeing how you want me to live."**

Conclude with an appropriate song or pray the **Our Father**.

## Let's Live It!

Select one or more actions and be prepared to share next week.

1. Individually or as a group, collect or raise money and donate it to an organization that works with the blind.
2. Do something kind for a person with whom you don't normally associate.
3. Stand up for your faith even though it may cause you to feel uncomfortable.
4. Write a welcoming letter, individually or as a group, to the Elect and Candidates in the RCIA who will be joining your parish community this Easter.
5. Visit someone who is legally blind or has special needs.
6. Celebrate the Sacrament of Reconciliation this week or sometime before Easter.
7. Pray the Memory Verse each day.